



# 3 Steps to LOA

**{Cheat Sheet}**

**Based on the teachings of Abraham Hicks**

**Written by Keren Peled**

~~~~~

My goal in this cheat sheet is to summarize in 5 minutes what you need to know about Law of Attraction so that it can start to work FOR you instead of AGAINST you.

You can't "apply" LOA or "use" LOA the same way that you can't "apply" or "use" gravity. It always works, it's always there, and it effects everyone.

You *can* learn how it works, and this is what this cheat sheet is about. In the same way that you know to stay inside, and not to try to fly off buildings because it's just not gonna end well... I want to teach you the basics so you don't go flying off to negative momentum and have LOA bite you in the tush...

Lets get started.

Here are the 3 steps:

## **1. Ask**

Despite what you might have been lead to believe by religious institutions and self-help gurus, you don't need to make any special effort to ask. You don't need to pray, beg, or ask in any special way. You're already asking all the time. You can't help but ask. You're asking by default!

Let's say you had a fight with your spouse and you're feeling terrible. Now you're asking that the two of you would get along, right? You're asking to feel good again. You can't help but ask! You don't have to say anything special or pray or go to church.

If you think the universe or God only hears you when you pray or you're in church... Well... Not really... The universe hears you all the time.

Another example. Let's say that you are low on funds and you're asking the universe for money. It's only natural you would. You're always asking...

I'm not saying you need to stop asking, not at all. I'm saying you can't help but ask so you don't need to make a special effort of it, pray, beg, or make lists of things you want.

I'm saying that you just don't need to do anything special here... just keep doing what you're already doing.

## **2. The Universe Answers**

Like I said, the universe, God, source or creator... always hears you! Always! However, contrary to what most people think, the universe hears what you mean, not what you say. The universe knows what you want, you can be sure of that!

Universal forces have lined it all up for you! It's all there already!  
It's already done. There's no work for you to do in this step either...  
This is the work of the universe.

*This step is done for you this is not your work!*

So, if you're asking, and the universe is giving, how come the good relationship is not in your bed, the money is not in your bank, and the car is not in your garage?

That's because of step 3.

### **3. Allow & Receive**

This is what most people completely miss. We know how to ask, we know that all right!

We don't know how to receive.

You see, the universe responds to vibration. Everything in nature has a frequency, like radio waves. You can't turn the dial on 102.5 AM and expect to hear 91.8 FM, right?

Very simply put: you can't emit a vibration of LACK and expect to get abundance.

It's simply not possible.

IT DEFIES LAW.

See the problem?

The more people focus on lack of anything, the deeper they FEEL it - that's what they end up attracting to them:

Lack of money

Lack of health

Lack of love

Whatever it may be.

LACK ATTRACTS LACK. Period.

Sure, you can get mad about it. It's not fair.

How can you not focus on lack, when lack is your experience?

A few months ago I had undergone spinal surgery.

As you can imagine, before and after was very painful, and yes there were times I was mad at God for "doing this to me".

But I studied and I know that God is not “doing this to me”. *I’m doing this to me*. So using the spiritual tools I have learned on my journey, I learned to start emitting a different vibration. Not that of pain but that of joy.

No, it’s not easy when you’re in severe pain, but it’s possible!

How? Here’s the best way I found how:

**By tuning into the well being and abundance of this PLANET.**



Big words I know, but the application is simple:

I stood out on my porch and listened to the birds flying and chirping around, with such confidence in utter well being.

I looked at the clouds, how they moved and how beautiful they are, changing shapes all the time.

I admired the green of the trees and thought how incredible they are for making us oxygen so we can breathe!

Focusing on these lovely things, that are always there for me no matter what, made me feel such joy, appreciation and exhilaration, that well-being was very soon my experience.

I was doing this 3 times a day.

Now that I continue to heal I spend less time on the porch because I am busier, but I'm still out there at least twice a day, even for just a few minutes at a time.

That is how you tune into the vibration of abundance, joy, love and well-being.

You tune into what this world is already giving ALL of us, including our animal friends. They don't have checkbooks and bank accounts! How do they manage? THEY TRUST.

**When you start looking for it, you'll see that well being surrounds you.**

**When you begin focusing on appreciating what's there, instead of complaining about what's not there, things will begin to shift. I promise.**

Continued education:

Listen to Abraham Hicks on YouTube on how to tune your vibration and get into alignment with your desires.

To your abundance!

Blessings,

Keren

[www.TheKerenCommunity.com](http://www.TheKerenCommunity.com)

